

# RAKUEN TRANSLATIONS



TRANSLATOR:

/A/ANONYMOUS

PROOFREADER:

/A/ANONYMOUS

TYPESETTER:

PAPO41

CLEANER:

PAPO41

REDRAWER:

PAPO41

READING:  
**BATOTO**

DOWNLOAD:

MEGA



RAKUEN TRANSLATIONS



IKEBUKURO TRANSLATIONS.  
BLOGSPOT.PE

# DEAR SUCCUBUS SISTER



Author: Kadono  
Yu

# WE ARE LOOKING TRANSLATORS FOR:

## RENGOKU NO KARMA



Author: Hirose  
Shun

# RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED  
ON HELPING US,  
WRITE US ON OUR  
FACEBOOK PAGE OR  
CONTACT US AT OUR  
BATOTO ACCOUNT  
PAPO41



WE'RE ALSO RECRUITING TYPESETTERS,  
REDRAWERS AND CLEANERS.

# CHAPTER 3: SQUATS

JUNE





I'LL TOTALLY LOSE WEIGHT OVER SUMMER BREAK!!!!

And get hit on at the beach!!!

POPSICLE (2ND ONE) 69KCAL

...I GOT IT!!!!



うん  
何持てる?



SO WHY  
DOES SHE  
GOTTA  
MOAN IN  
PLEASURE  
LIKE THAT!?

SOU-  
RYUUN  
AKEMI

SEE?  
OVER  
THERE.

AHN

THAT'S COMPLE-  
TELY DIFFERENT  
FROM HOW I  
THOUGHT THEY  
WENT~

THOSE  
ARE...?

WELL,  
BECAUSE  
SHE'S  
DOING  
SQUATS,  
OF  
COURSE.

NOW,  
LET'S  
START  
LEARNING  
HOW TO DO  
SQUATS  
RIGHT  
AWAY!

S-SO  
THAT'S  
HOW  
YOU DO  
IT?

SOU-  
RYUUN-  
SAN HAS  
PERFECT  
THAT'S FORM.  
A BASIC  
SQUAT.

# SQUATS: BASIC FORM

The idea isn't to bend your knees, but to lower your butt.



While you're inhaling, lower your butt until it is nearly parallel with the floor.

\*This is to prevent putting too much strain on them.

While you exhale, stand straight up. Be sure not to hyper-extend your knees in the process.



KEEP YOUR FEET SLIGHTLY FURTHER THAN SHOULDER-WIDTH APART



The distance between your feet should be slightly wider than your shoulder's width.

Your heels are your center of gravity. Place the barbell around where the trapezius (the base of the shoulders and neck) is located.

Keep your eyes forward.

**MODEL!  
AKEMI**

Although some say a full-squat places less strain on your knees than a half-squat.



Since you're still a beginner, it's better to mix half-squats and lower full-squats.

Squats let you train  
your quadriceps  
(thighs), hamstring  
(posterior thigh),  
and your gluteus  
maximus (butt).

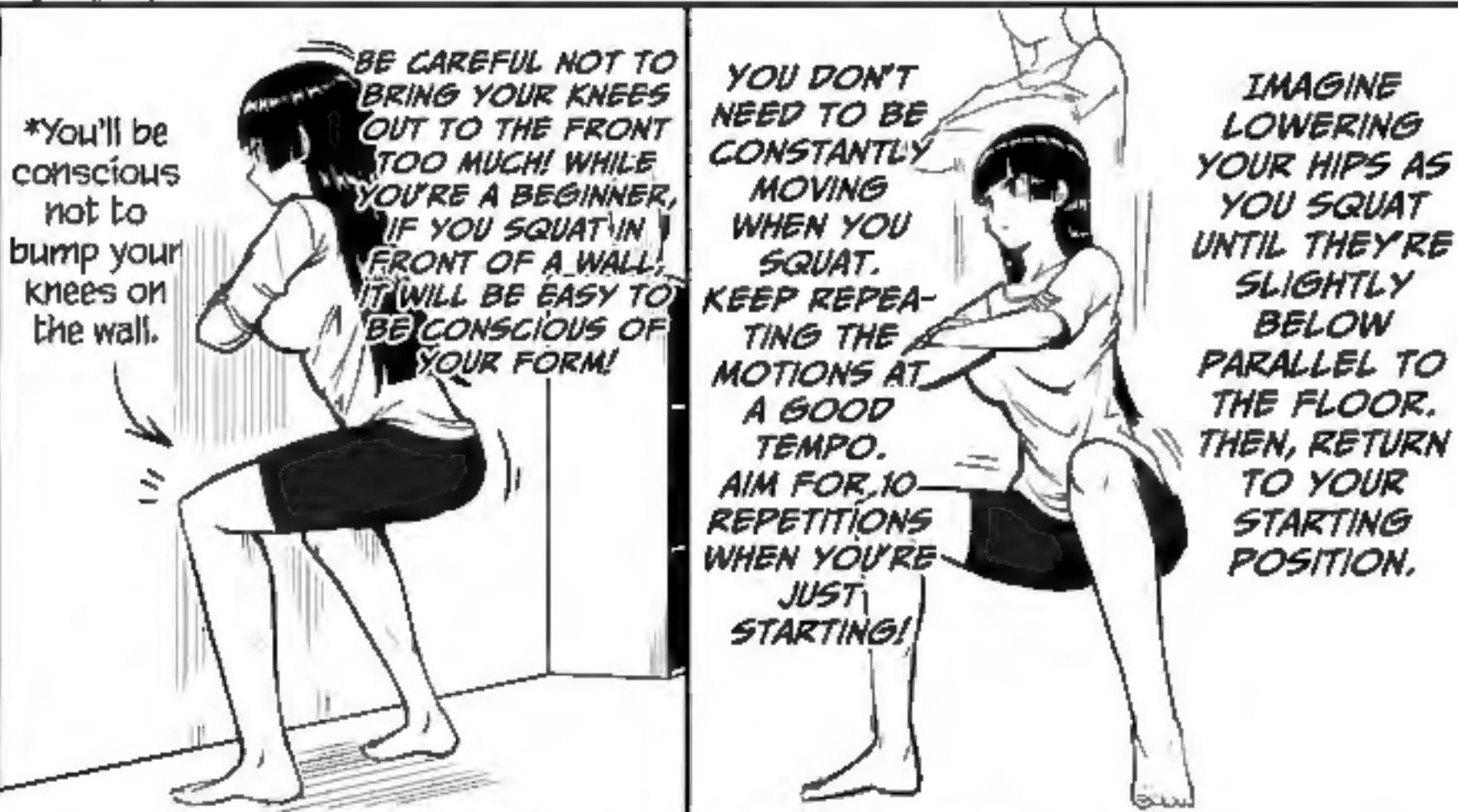
SO WHY DO  
YOU HAVE TO  
ALWAYS MAKE  
EVERYTHING  
SO EROTIC  
DURING THESE  
EXPLANA-  
TIONS!!!!

QUADRI-  
CEPS  
(THIGH)

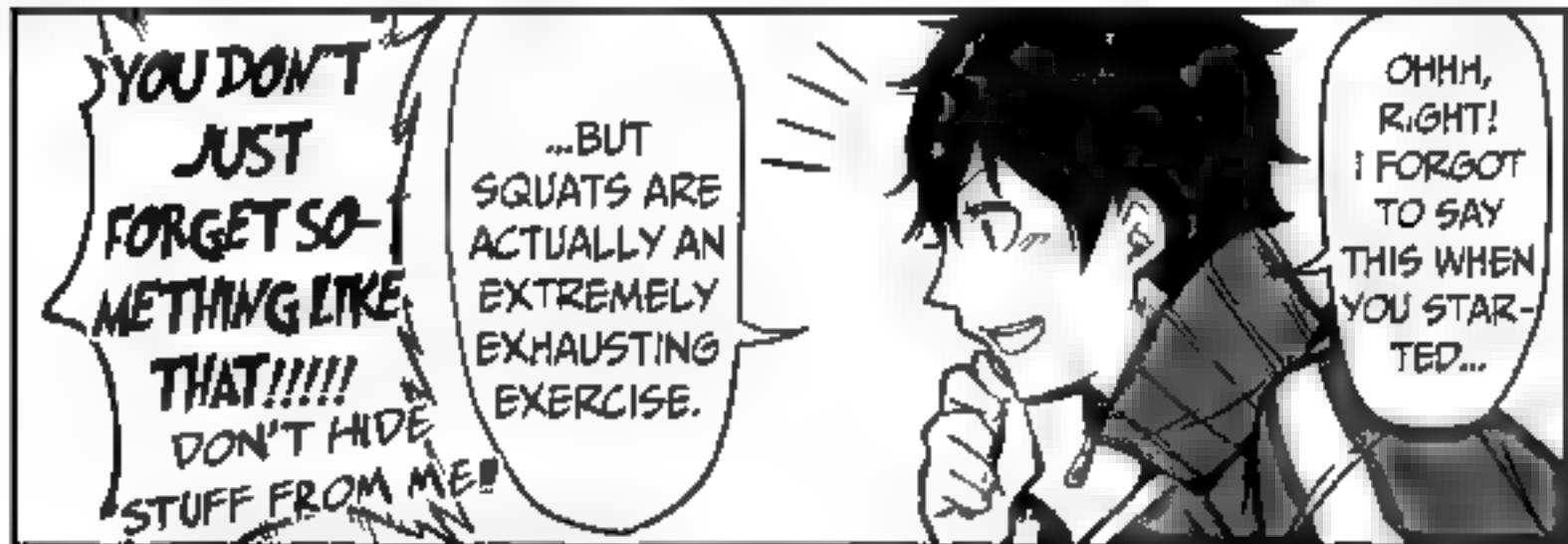
HAM-  
STRING  
(POS-  
TERIOR  
THIGH)

GLU-  
TEUS  
MAXI-  
MUS  
(BUTT)

# TRAINER MACHIO'S PERSONAL SQUATS THAT YOU CAN TRY AT HOME!

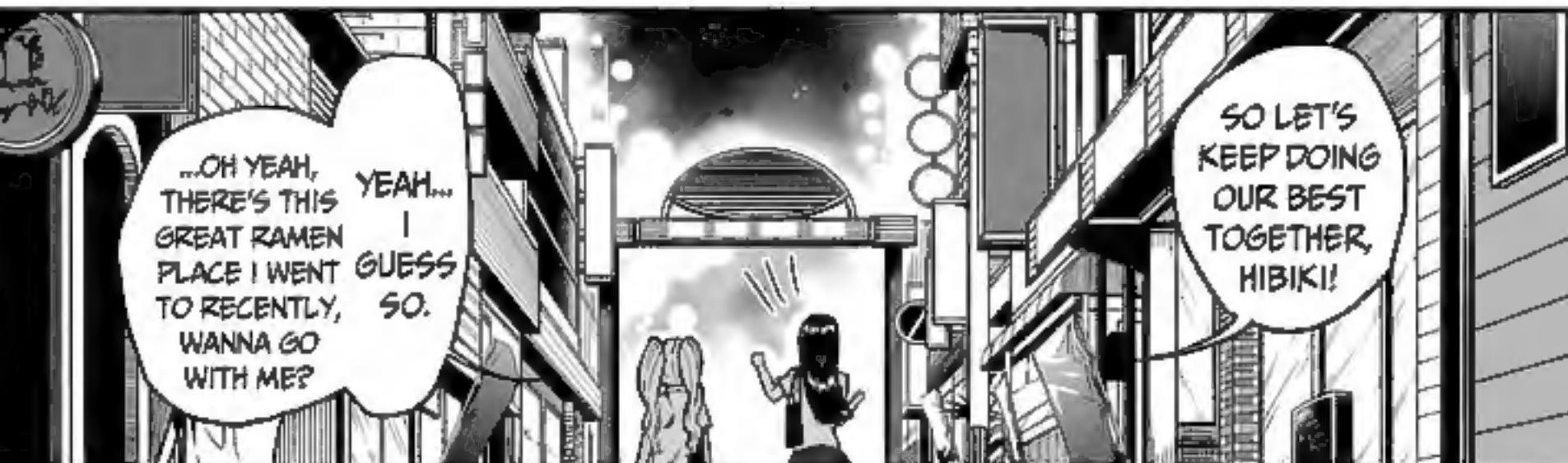














## AFTER TRAINING MEAL

